

Self-recording tips

- If recording on a phone, orientate the phone horizontally when filming
- Position yourself in the centre of frame and frame yourself roughly from just above the waist to slightly above your head



- Consider the video background and what people will see
- To get the best results try to find a spot that is lit with natural lighting (from a window)
- Distance yourself from the wall to avoid shadows avoid overhead lights if possible

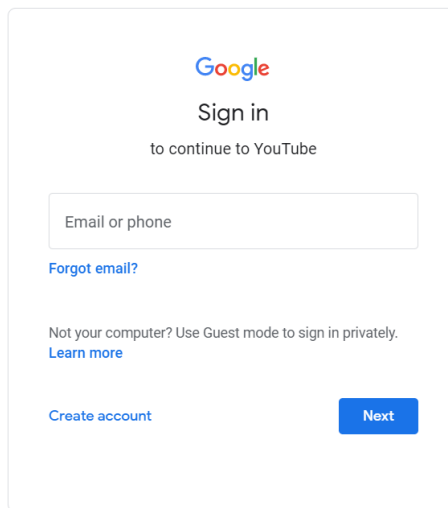
- Look at the camera lense when talking
- Try to hold eye contact with the camera before you start talking and for a second after you stop

AUDIO

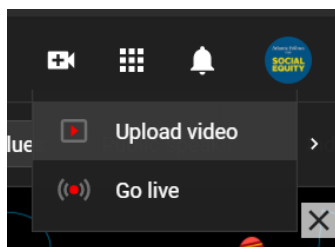
- Minimise any background noise that may interfere with the recording (device notifications, airconditioners, heaters, fans, traffic, etc.)
- Project your voice

How to upload your video to YouTube and copy the private link

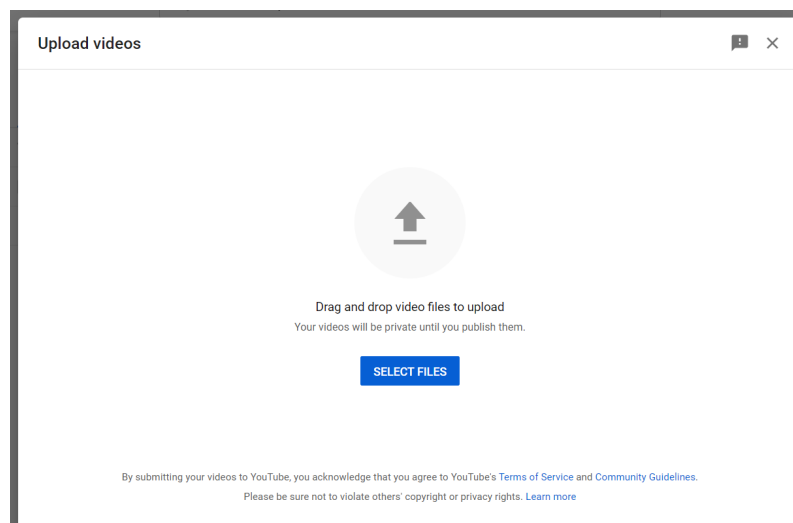
1. Log in to your Gmail or YouTube account (or create an account if you don't have one)



2. Click the Create icon in the top right, then Upload video



3. Drag or select your video file



3. Fill in the Details section, skip the next two, then select Unlisted in the Visibility section (your video link can be copied on the right before you hit Save)

The screenshot shows the 'Visibility' section of a YouTube video upload interface. At the top, a progress bar indicates the current step: 'Details' (checked), 'Video elements', 'Checks', and 'Visibility' (highlighted in blue). Below the progress bar, the 'Visibility' section is titled 'Choose when to publish and who can see your video'. There are two main options: 'Save or publish' and 'Schedule'. The 'Save or publish' option is selected and includes sub-options: 'Public' (radio button), 'Unlisted' (radio button, selected), and 'Private' (radio button). Below these is a checkbox for 'Set as instant Premiere'. To the right, a video player area shows 'Uploading video...' and a video link for 'Explainer video FINAL' with the URL <https://youtu.be/-sYlQv.Its6Y>. At the bottom, a status bar shows 'Uploading 60% ... 3 minutes left' and 'BACK SAVE' buttons.